

WINTER 2021/2022

Growing Greener

LENTIL CAKES WITH GINGER CRANBERRY SAUCE

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INGREDIENTS

PATTIES:

- 2 CUPS COOKED LENTILS (BROWN OR GREEN)
- 2 TBSP OLIVE OIL
- 1 CUP ONION, CHOPPED
- 1 LARGE CLOVE GARLIC, MINCED
- 1 CUP CARROT, SHREDDED
- 1 CUP CREMINI MUSHROOMS, CHOPPED
- 1/2 CUP TOASTED WALNUTS, CHOPPED AND PULSED
- 1/2 CUP ROLLED OATS
- 8 SAGE LEAVES
- 1 TSP FENNEL SEEDS
- 1 TSP PAPRIKA
- 1 TSP GUMIN
- 2 TSP SALT
- JUICE OF HALF A LEMON

CRANBERRY SAUCE:

- 2 CUPS CRANBERRIES
- 1/2 CUP BROWN SUGAR
- 1/2 CUP ORANGE JUICE
- 1/2 CUP WATER
- 1/4 TSP GINGER (GRATED)

DIRECTIONS

HEAT SKILLET OVER MEDIUM HEAT. ADD THE OIL. SAUTÉ ONIONS AND GARLIC FOR ABOUT 5 MINUTES. ADD THE SHREDDED CARROTS AND COOK OVER MEDIUM HEAT. ADD 1 TSP OF SALT, AND COVER AND COOK UNTIL SOFTENED. ADD THE CREMINI MUSHROOMS AND LET THEM COOK FOR 5-6 MINUTES. TAKE OFF THE HEAT, AND ADD THE SPICES, FENNEL SEEDS, AND SAGE LEAVES. MIX WELL. TOSS IN THE COOKED LENTILS, ROLLED OATS, LEMON JUICE, AND CRUSHED WALNUTS. MIX WELL ONCE COOL ENOUGH TO HANDLE. PUT THE LENTIL MIX IN A FOOD PROCESSOR AND PULSE UNTIL THE MIXTURE IS CHUNKY AND ALL THE INGREDIENTS ARE WELL INCORPORATED.

PREHEAT THE OVEN TO 400 DEGREES. TRANSFER THE MIXTURE TO A LARGE MIXING BOWL. THE MIXTURE SHOULD BE DAMP BUT ABLE TO HOLD ITS SHAPE. USING A 1/3 CUP MEASURING CUP, SCOOP OUT THE MIXTURE. FORM THE MIXTURE INTO PATTIES, AND TRANSFER TO A GREASED LINED BAKING SHEET. BAKE IN THE PREHEATED OVEN FOR 20 MINUTES. ROTATING THE TRAY ONE TIME HALFWAY THROUGH THE BAKING. REMOVE FROM THE OVEN AND LET IT SIT FOR A FEW MINUTES. SERVE WARM OVER A BED OF LIGHTLY SEASONED ARUGULA LEAVES, AND TOP WITH THE GINGER CRANBERRY SAUCE.

FOR THE SAUCE: BRING WATER, ORANGE JUICE, AND SUGAR TO A BOIL IN A SAUCEPAN. ADD THE CRANBERRIES. AS SOON AS THE CRANBERRIES START BURSTING, ADD THE GINGER. STIR WELL AND LET IT SIMMER FOR ABOUT 10 MINUTES. EMULSIFY USING AN IMMERSION BLENDER FOR A SMOOTHER TEXTURE.

Seasons Green-tings!

Practice sustainability this holiday season!

- **Shop local!** Support local businesses and help the environment by reducing transportation emissions and packaging waste.
- **Avoid single-use items.** Whether presents or wrapping paper, please choose multi-use and reusable options to reduce waste.
- **Gift an experience!** Gifting an experience helps support the local economy, reduce materials and waste, and provides unique and rich experiences for all to enjoy.
- **Buy energy-saving lights.** According to the U.S. Department of Energy, if everyone replaced their holiday lights with LEDs, at least two billion kilowatt-hours of electricity could be saved in a month. That's enough to power 200,000 homes for a year.
- **Recycle your Christmas Tree.** Make sure to utilize Christmas tree recycling services offered through the Town's hauler, West Valley Collection & Recycling. Click [here](#) to learn more.



Organics Recycling is Here!

Effective January 1, 2022, Senate Bill 1383 mandates that we lower our total methane emissions by reducing the amount of food waste sent to landfills by diverting organic waste. Residents can now place food scraps in kitchen pails during the week and then transfer the contents to green containers on collection day.

Click [here](#) to learn more about Organics Recycling!

